

COHotTurkeySandwichWGravy10

Number of Servings: 10 (157.12 g per serving)

Amount	Measure	Ingredient
3 1/3	Tbs	Margarine, 80% fat, unsalted, tub
1 1/4	tsp	Spice, onion, pwd
9 1/2	Tbs	Flour, all purpose, white, bleached, enrich
2 1/2	cup	Broth, chicken, low sod, cnd
1 1/4	lb	Turkey, roast, light & dark meat, seasoned, rstd f/fzn
10.00	pce	Bread, whole wheat, slice

Nutrients per serving

Nutrition Facts	
Serving Size (157g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 540mg	23%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 18g	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Food Handling :

- Single gloves should be used for only one task and then discarded.
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Melt margarine and stir in onion powder and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth. Cook stirring constantly until thickened.

Chop turkey into bite sized pieces. Combine with gravy and portion into serving pans. Heat through until temperature of 165 degrees F is reached.

For service, place one slice of bread on serving plate; top with a #8 scoop of turkey/gravy mix.

1 serving = #8 scoop = 1 CS

If unseasoned turkey is used/can be purchased, sodium level will be much less. Made with seasoned roast the #8 scoop is quite high in sodium.

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